



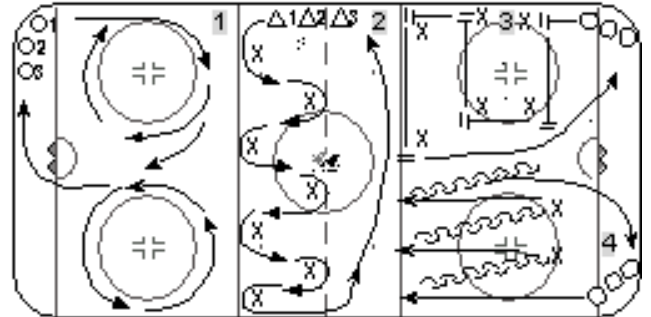
Hockey Canada Skills Stations

Toronto Maple Leafs Coaches Day

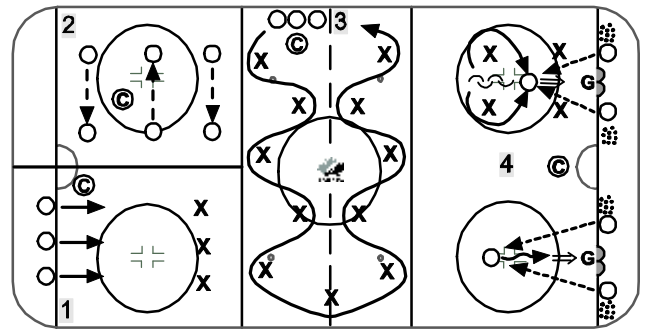
September 15, 2007



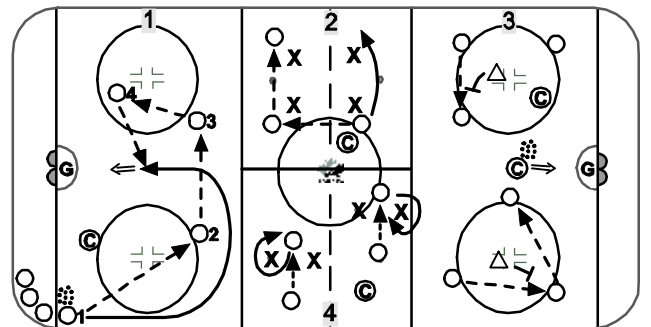
| | |
|--|---------------------------|
| 20 | Skating Evaluation |
| <p>Stations: <i>Divide players in colours</i></p> <ol style="list-style-type: none"> Forward and backward crossovers and pivots facing the net (can do with pucks 3rd – 4th time through) Tight turns and 360° turns (can do with pucks 3rd – 4th time through) Forward and backward stops and starts Forward and Backward striding <p>Goalies - 1 @ for Goalie Zone</p> <ol style="list-style-type: none"> T-pushes side to side Movement up and back Mirror Drill | |
| <ul style="list-style-type: none"> • 5 min each station with rotation on the whistle • coaches remain with stations • balance • body position | |



| Time | Description | Key Points |
|--|-----------------------|---|
| 20 | Skill Stations | |
| <p>Stations: <i>Divide players in colours</i></p> <ol style="list-style-type: none"> Players line up on goal line and perform front and backward starts. Place pylon near blue line as stopping point. Add pucks to drill <ul style="list-style-type: none"> •V-start •Fwd/ Bwd Crossover •Bwd C-Cut Players pair pass: •Fhd / Bhd •Receive on fhd, pass bhd •Receive bhd, pass fhd <ul style="list-style-type: none"> •Telescoping Players weave through cones with pucks <ul style="list-style-type: none"> •toe drag •puck on opposite side of pylon •transition (face one end of ice only) A. Players transition skate around all four pylons while facing the passers. Call for pass and shoot on goal after each pylon; 4 shots total B. Passers on side of goal pass to shooter. Shooter performs quick moves forehand and backhand; creativity | | <ul style="list-style-type: none"> • 5 min each station with rotation on the whistle • coaches remain with stations |



| Time | Description | Key Points |
|---|--------------------------------------|--|
| 20 | Passing and Receiving Circuit | |
| <ol style="list-style-type: none"> Montreal Drill <ul style="list-style-type: none"> • 04 passes to 01, 01 - 02, 02 - 03, 03 back to 04 in the slot (rotate) Pass with Accuracy <ul style="list-style-type: none"> • move laterally giving and receiving passes on the outside of the cones "Pig in the Middle" <ul style="list-style-type: none"> • one checker between 3 players, with players continuously passing the puck until the checker intercepts. Checker then trades places and becomes a passer Figure 8 Passing <ul style="list-style-type: none"> • one player passes to partner who performs figure 8 pattern around pylons. Pass receiver must maintain eye contact with the passer at all times. One touch passes or puck control around pylons before return pass is made. | | <ul style="list-style-type: none"> • 5 minutes per station • eyes on the target • give target at all times • use deception |





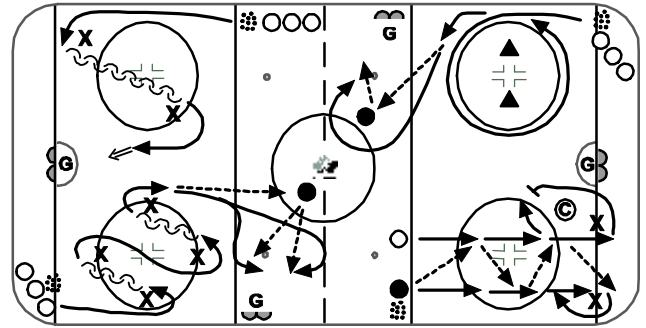
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| Time | Description | Key Points |
|--|-----------------------------|--|
| 10 | Puck Control Circuit | |
| <ul style="list-style-type: none"> • Divide players into 4 groups / colours as shown • Players perform circuit as shown finishing with a shot on goal at each goalie | | <ul style="list-style-type: none"> • ©'s monitor stations and players rotation • players be aware of player in front • timing |



| Time | Description | Key Points |
|--|---------------------------|---|
| 20 | Individual Tactics | |
| <p>Stations: <i>Divide players in colours</i></p> <ol style="list-style-type: none"> 1. Players form two lines at blue line and perform deke on 1st pylon and drive to goal around 2nd pylon; players switch lines, one player at a time; emphasize drive around second pylon 2. Players pair pass up boards, at last pylon inside player pivots and plays other player 1 on 1; alternate roles – offense and defense 3. Players play 1 on 1 in designated area; player must hit pylon to score; goalies may be used in available 4. Offensive player dumps puck into corner, defensive player retrieves and passes to supporting offensive player who then skates outside blue line and returns on goal 1 on 1 | | <ul style="list-style-type: none"> • 5 min each station with rotation on ©'s whistle • coaches remain with stations |

